



# Callears R&R Bar-B-Que News

October, 2008

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Feed your family fast but healthy!

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Restaurant 570-888-1088 ----- Catering 570-888-2927

## The Case for Whole Foods

By Roxy C.

**This won't take long,** but I want to once again make the case for consuming whole foods vice processed. I googled "cancer + processed + food" and got 2.7 million hits. Enough said!

Simply put, when a food is "processed" it has been altered. Several years ago, Ron and I visited a meat processing plant in Lancaster, PA. Now you have all heard the stories, but we witnessed it first hand. As we toured the production line, we witnessed the whole muscle pork (i.e. "whole" food) being processed into a

pulverized state then formed into hot dogs and luncheon loaves. When you consume these products, your digestive system doesn't have to work very hard and it is exposed to the additives (dyes and preservatives) used to make the product consumer friendly, appealing and to extend shelf life.

Here at Callears BBQ, we serve whole muscle meats. Our pulled pork consists of pork butts cooked low and slow in the Southern Pride cooker then hand pulled. Even the chicken tenders on

our children's menu are made of whole muscle white meat. They are not pulverized chicken reformed into a nugget. Now, to be 100% honest, we do offer a hot dog on the children's menu due to demand. However, it's our experience that once children try the pulled pork or pulled chicken, they like that just as well.

Our entire eat-in menu is offered "to go" so if after a long day at work you don't want to cook and just want to get home, pick up supper to go and feed your family fast but healthy!

## Your Vote on a New Service

Would a **regular phone call informing you of specials** be helpful? We are looking at procuring a service that allows us to record our message and deliver it to your phone. A nice feature is that if you decide you no longer want to receive our message you simply hit a number on your phone (provided at the end of our message). **Please let us know if this would be of value to you by replying yes or no to our email [rcallea@msn.com](mailto:rcallea@msn.com) . IF you vote yes, please provide the phone number at which you want to receive the message. If we receive enough yes votes, we will let you know before we activate this service. Thank You!**

## Callears R&R Bar-B-Que Catering and Restaurant

882 Macafee Road  
Milan, PA 18831  
PHONE:  
570-888-2927  
**Catering**

92 Winslow Street  
Sayre, PA 18840  
PHONE:  
570-888-1088  
**Restaurant**  
**Tu – Sat, 11 AM to 8 PM**

“We do bar-b-que and that’s  
just a great beginning!”

**PICK – CLICK – PARTY!**

## Customer Coupon



**THANK YOU LOYAL CUSTOMERS!**

**We Appreciate You**  
**92 Winslow St., Sayre 888-1088**  
**www.bbqez4u.com**  
**10% OFF PURCHASE OF \$10.00**  
**OR MORE**  
LIMIT ONE PER CUSTOMER

Expiration date: 11/28/08



## Ashley Coleman, Chef

Callears welcomes Ashley Coleman who joins our team with a wealth of experience. “I began my career with Wagner Vineyards on Seneca Lake as a cook in their Ginny Lee Restaurant” states Ashley. “I not only worked with locally renowned chefs but received invaluable training and experience in the art of Catering. I specialize in fine dining and American cuisine. I’m a Valley native so I have settled here with my wife Roberta to raise our two children, Kaden and Evie.”